

I CLAIM:

1. A food supplement comprising a substance which increases nitric oxide production in the body, and, a source of amino acids.
2. A food supplement according to claim 1 wherein the substance
5 which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.
3. A food supplement according to claim 2 wherein the substance is ginseng.
4. A food supplement which comprises a substance which can enhance and/or mimic insulin activity, and a source of amino acids.
5. A food supplement according to claim 4 wherein the substance is glucomannan.
6. A food supplement according to claim 4 wherein the substance
15 is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.
7. A food supplement according to claim 6 wherein the substance is myo-inositol.
8. A supplement which increases nitrogen retention in the body comprising a substance which increases nitrogen retention and a source of amino acids.
9. A supplement according to claim 8 wherein the substance

which increases nitrogen retention in the body is selected from the group consisting of glucomannan and l-arginine.

Sub
C7

10. A supplement according to claim 9 wherein the substance is glucomannan.

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11. A supplement comprising a glycosidal saponin, glucomannan D-chiro-inositol, myo-inositol, and a source of amino acids.

12. A supplement comprising a glycosidal saponin, glucomannan myo-inositol, and a source of amino acids.

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13. A supplement according to any one of claims 1 to 12 wherein the source of amino acids is selected from the group consisting of WPI 97, Whey Peptides, WPC 80, ION EXCHANGE, lactoferrin, and whey protein.

14. A food supplement comprising a substance which increases nitric oxide production in the body, and, whey protein.

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15. A supplement according to claim 14 wherein the whey protein is WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE whey protein.

16. A supplement according to claim 14 wherein the whey protein is a combination of two or more of WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE whey protein.

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17. A food supplement according to claim 14 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine and folic acid.

Sub 29

Sub 35

18. A food supplement according to claim 17 wherein the substance is ginseng.
19. A food supplement comprising 1mg-3000 mg glycosidal saponins; 1mg-2000mg myo-inositol; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and a source of amino acids.
20. A food supplement according to claim 19 wherein the glycosidal saponins comprise 150mg to 1500mg; the myo-inositol comprises about 100mg to 2000mg; and the glucomannan comprises 25 mg to 2000mg.
21. A food supplement according to claim 19 wherein the glycosidal saponins comprise 50mg to 500mg; the myo-inositol comprises about 200mg to 1000mg; and the glucomannan comprises 50mg to 1000mg.
22. A food supplement according to claim 19 wherein the glucomannan comprises 100mg to 500mg.
23. A food supplement according to claim 19 wherein the glycosidal saponins comprise about 50mg.
24. A food supplement according to anyone of claims 19-23 wherein the source of amino acids is whey protein.
25. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which increases nitric oxide production in the body and a source of amino acids.
26. A method according to claim 25 wherein the the substance which increases nitric oxide production is selected from the group

Sub A3

Sub 35

consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

Sub
C11

27. A method according to claim 26 wherein the substance is ginseng.

Sub
B15

28. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and a source of amino acids.

Sub
C13

29. A method according to claim 28 wherein the substance is glucomannan.

30. A method according to claim 28 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

Sub
14

31. A method according to claim 30 wherein the substance is myo-inositol.

Sub
B17

32. A method according to claim 31, wherein the supplement is administered to the diet of the athlete on a daily basis.

Sub
C14

33. A method according to claim 32, wherein the food supplement is mixed with water to provide a liquid drink.

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Sub
B18

34. A method for increasing muscle mass and or strength of an individual, comprising administering to the diet of the athlete an effective amount of a supplement a substance which increases nitric oxide production in the body and a source of amino acids.

35. A method according to claim 34 wherein the the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

Sub
C18
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36. A method according to claim 35 wherein the substance is ginseng.

Sub
B9
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37. A method for increasing muscle mass and or strength of an individual comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and a source of amino acids.

Sub
C20

38. A method according to claim 37 wherein the substance is glucomannan.

39. A method according to claim 37 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

Sub
C21

40. A method according to claim 39 wherein the substance is myo-inositol.

Sub
B10
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41. A method according to claim 40 wherein the supplement is administered to the diet of the athlete on a daily basis.

Sub
C23

42. A method according to claim 41 wherein the food supplement is mixed with water to provide a liquid drink.

Sub
B15

43. A method for supplementing the diet of an athlete, comprising

Amended B11

administering to the diet of the athlete an effective amount of a supplement comprising a substance which increases nitric oxide production in the body and whey protein.

5 44. A method according to claim 43 wherein the substance which increases nitric oxide production is selected from the group consisting of glycosidal saponins, ginseng, l-arginine, N-acetyl cysteine, and folic acid.

Sub 25
45. A method according to claim 44 wherein the substance is ginseng.

Sub B12
10 46. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising a substance which can enhance and/or mimic insulin activity, and whey protein.

Sub C27
15 47. A method according to claim 46 wherein the substance is glucomannan.

48. A method according to claim 46 wherein the substance is selected from the group consisting of N-acetyl cysteine, myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

Sub 2025
49. A method according to claim 48 wherein the substance is myo-inositol.

Sub B13
50. A method according to claim 48, wherein the supplement is administered to the diet of the athlete on a daily basis.

Sub C30
51. A method according to claim 50, wherein the food supplement

is mixed with water to provide a liquid drink.

Sub B14
52. A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete an effective amount of a supplement comprising 1mg-3000 mg glycosidal saponins; 1mg-2000mg myo-inositol; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and a source of amino acids.

53. A method according to claim 52 wherein the glycosidal saponins comprise 150mg to 1500mg, the myo-inositol comprises about 100mg to 2000mg; and the glucomannan comprises 25 mg to 2000mg.

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54. A method according to claim 52 wherein the glycosidal saponins comprise 50mg to 500mg; the myo-inositol comprises about 200mg to 1000mg; and the glucomannan comprises 50mg to 1000mg.

55. A method according to claim 52 wherein the glucomannan comprises 100mg to 500mg.

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56. A method according to claim 52 wherein the glycosidal saponins comprise about 50mg.

Sub A4
57. A method according to anyone of claims 52-56 wherein the source of amino acids is whey protein.

add C33

add F37